



## Level 3 Activities

### Target Practice

#### *Equipment Needed*

A ball or a rolled up pair of socks, items to mark targets on the wall, for example pieces of paper or cardboard.

#### *How to play*

Place your targets on the wall at various points or levels (high or low). Allocate a number of points to each target based on its difficulty. Using a kick from your hand or the ground, a chest pass, a strike with the hand or volley, strike one of the targets. Try standing further back from or closer to the targets. Try to beat your own score or challenge someone at home to beat your score.



Adapted from  [Beyond the Classroom - Throwing Video A](#)



## Level 3 Activities

### Wall Tennis

#### *Equipment Needed*

A tennis ball, a racquet.

#### *How to play*

Using a tennis ball and working with a partner or against a wall, practise a one versus one rally.

You may use a racquet or the palm of your hand. Bounce and strike the ball to begin. Count your strikes. Continue for as long as you can without dropping the ball.

Try to improve your score each time.

To make this game more challenging alternate your left and right hands when striking.



Adapted from  [PSSI Lesson Plans - 5th/6th Class, Lesson 7, page 3](#)



## Level 3 Activities

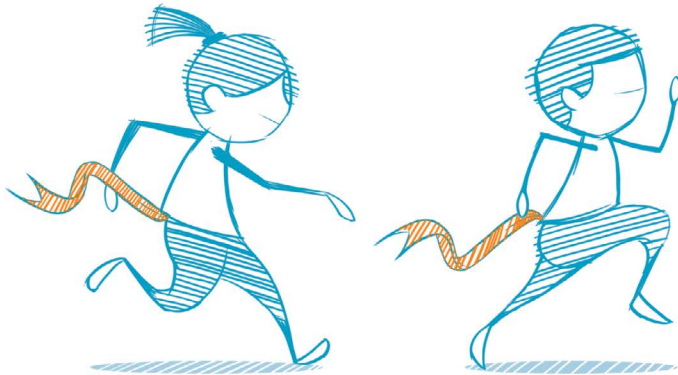
### Tail-Tag

#### *Equipment Needed*

A t-shirt or a tea-towel to tuck into your waistband.

#### *How to play*

Invite one or more people in your house to join you. Tuck a t-shirt into your waistband. Chase each other and try to grab the other person's tail. If your tail is grabbed, do 10 jumping jacks. Start again!



Adapted from  [Move Well, Move Often - Book 2, page 30](#)



## Level 3 Activities

### Reaction Drop

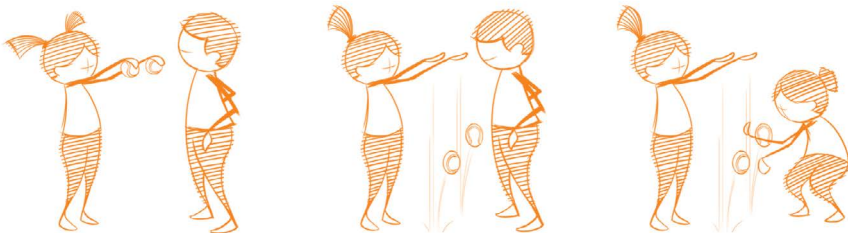
#### Equipment Needed

Two tennis balls or two rolled up pairs of socks.

#### How to play

Invite someone at home to stand opposite you. One person holds two tennis balls at eye level and drops them. The other person tries to catch the balls.

- Allow a bounce or no bounce before you catch
- Catch one or both together
- Dropper calls 'left' or 'right' hand to catch
- Dropper stands up on a couch or chair, behind the catcher, and drops the balls in front of the catcher's view



Adapted from  [Move Well, Move Often - Book 2, page 144](#)



## Level 3 Activities

# Healthy Mind, Healthy Body

### *Equipment Needed*

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A small ball.

### *How to play*

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Using a small ball, create a throwing, catching, bouncing and striking sequence against a wall or with a partner.

For example:

- Throw - clap - catch
- Bounce - clap - catch
- Handpass - clap - catch

Challenge yourself to create a more difficult sequence. Challenge a partner.





## Level 3 Activities

# Happy Head and Happy Heart

### *Equipment Needed*

A large ball.

### *How to play*

Using a large ball, create a game to practise different kicking skills.

- Kicking from the ground with the instep
- Kicking from the hand against a wall
- Kicking with someone from home

Can you increase or decrease the distance?

